

I'm ready to quit but need help

Need some help quitting?

- Placer County Tobacco Prevention Program offers low cost smoking cessation classes to Placer County residents. The class consists of 8 sessions covering topics on creating an action plan based on your smoking patterns, using substitute activities, nicotine replacement therapies, stress management/relaxation techniques, receiving support from family and friends, healthy eating, exercise, and assertive communication.
- Call the California Smokers' Helpline for free confidential one-on-one telephone counseling, self-help materials and a referral list to other programs in the area that can help you quit. The number is 1-800-NO-BUTTS.
- By either enrolling in the smoking cessation class or calling the California Smokers' Helpline, you can receive a certificate to take to your pharmacist for certain nicotine replacement therapies covered through Medi-Cal.